



## Resources for Action

*Healthy People 2010*, a broad-based collaborative effort among Federal, State, and Territorial governments, as well as hundreds of private, public, and nonprofit organizations, has set national disease prevention and health promotion objectives to be achieved by the end of this decade ([www.healthypeople.gov](http://www.healthypeople.gov)). The effort has two overarching goals: to increase the quality and years of healthy life and to eliminate health disparities. *Healthy People 2010* features 467 science-based objectives and 10 Leading Health Indicators, which use a smaller set of issues and objectives to track progress toward meeting *Healthy People 2010* goals. More information on the Leading Health Indicators, including links to Federal Web sites with data, planning tools, scientific information, and details about various programs are available at <http://www.healthypeople.gov/lhi>.

Listed in this handout are the 10 Leading Health Indicators, with corresponding sample resources available from the Federal government. The Federal consumer health information Web site, [www.healthfinder.gov](http://www.healthfinder.gov), is also a good starting point for more information on these topics.

### PHYSICAL ACTIVITY

President's Council on Physical Fitness and Sports  
202-690-9000  
<http://www.fitness.gov>

Centers for Disease Control and Prevention (CDC)  
888-232-3228  
<http://www.cdc.gov/nccdphp/dnpa>

### OVERWEIGHT AND OBESITY

Obesity Education Initiative, National Heart, Lung, and  
Blood Institute Information Center  
301-592-8573  
<http://www.nhlbi.nih.gov/about/oei/index.htm>

The Weight-Control Information Network  
National Institutes of Health (NIH)  
877-946-4627  
<http://www.niddk.nih.gov/health/nutrit/win.htm>

### TOBACCO USE

Office on Smoking and Health, National Center for Chronic  
Disease Prevention and Health Promotion, CDC  
800-CDC-1311  
<http://www.cdc.gov/tobacco>  
Cancer Information Service, NIH  
800-4-CANCER  
<http://cis.nci.nih.gov>

### SUBSTANCE ABUSE

National Clearinghouse for Alcohol and Drug Information  
Substance Abuse and Mental Health Services  
Administration (SAMHSA)  
800-729-6686; 800-487-4889 (TDD)  
<http://www.health.org>

National Institute on Drug Abuse, NIH  
301-443-1124  
<http://www.nida.nih.gov>

National Institute on Alcohol Abuse and Alcoholism, NIH  
301-443-3860  
<http://www.niaaa.nih.gov>

### RESPONSIBLE SEXUAL BEHAVIOR

CDC National AIDS Hotline  
800-342-AIDS (800-342-2437)  
<http://www.cdc.gov/hiv/hivinfo/nah.htm>

CDC National Sexually Transmitted Diseases  
(STD) Hotline  
800-227-8922  
<http://www.cdc.gov/nchstp/dstd/dstdp.html>

CDC National Prevention Information Network  
800-458-5231  
<http://www.cdcnpin.org>

Office of Population Affairs  
301-654-6190  
<http://opa.osophs.dhhs.gov>

## MENTAL HEALTH

Center for Mental Health Services, SAMHSA  
<http://www.mentalhealth.org/cmhs/index.htm>

National Mental Health Information Center, SAMHSA  
800-789-2647  
<http://www.mentalhealth.org>

National Institute of Mental Health Information Line, NIH  
800-421-4211  
<http://www.nimh.nih.gov/publicat/depressionmenu.cfm>

## INJURY AND VIOLENCE

National Center for Injury Prevention and Control, CDC  
770-488-1506  
<http://www.cdc.gov/ncipc/ncipchm.htm>

Office of Justice Programs, U.S. Department of Justice  
202-307-0703  
<http://www.ojp.usdoj.gov/home.htm>

National Highway Traffic Safety Administration  
U.S. Department of Transportation  
Auto Safety Hotline 888-DASH-2-DOT (888-327-4236)  
<http://www.nhtsa.dot.gov/hotline>

## ENVIRONMENTAL QUALITY

Indoor Air Quality Information Clearinghouse  
U.S. Environmental Protection Agency  
800-438-4318 (IAQ hotline)  
800-SALUD-12; (725-8312) Spanish  
<http://www.epa.gov/iaq/iaqinfo.html>

Information Resources Center (IRC)  
U.S. Environmental Protection Agency  
202-260-5922  
<http://www.epa.gov/natlibra/hqirc/about.htm>

Agency for Toxic Substances and Disease Registry, CDC  
888-442-8737  
<http://www.atsdr.cdc.gov>

## IMMUNIZATION

National Immunization Program/CDC  
800-232-2522 (English); 800-232-0233 (Spanish)  
888-CDC-FAXX (Fax-back)  
<http://www.cdc.gov/nip>

## ACCESS TO HEALTH CARE

Agency for Healthcare Research and Quality  
Office of Healthcare Information  
301-594-1364  
<http://www.ahrq.gov/consumer/index.html#plans>

“Insure Kids Now” Initiative  
Health Resources and Services Administration  
877-KIDS NOW (877-543-7669)  
<http://www.insurekidsnow.gov>

Maternal and Child Health Bureau  
Health Resources and Services Administration  
1-888-ASK-HRSA (HRSA Information Center)  
<http://www.mchb.hrsa.gov>

Office of Beneficiary Relations  
Centers for Medicare & Medicaid Services  
800-444-4606 (customer service center)  
800-MED-ICARE (Info Line)  
<http://www.Medicare.gov>

### For more health promotion and disease prevention information—

Search online for thousands of free Federal health documents using healthfinder® at <http://www.healthfinder.gov/>.

### For health promotion and disease prevention information in Spanish—

Visit <http://www.healthfinder.gov/espanol/>.

### For print resources—

Write to the ODPHP Communication Support Center (OCSC), P.O. Box 37366, Washington, DC 20013-7366, for

- Federal Health Information Centers and Clearinghouses
- Toll-Free Numbers for Health Information
- Resources for Action in Spanish.

**For more information about Healthy People 2010, visit <http://www.healthypeople.gov> or call 800-367-4725.**



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